



WESTOVER ARB AIRMAN & FAMILY READINESS CENTER

What's Happening

July 2013

Free Fun Fridays!

Sponsored by the Highland Street Foundation, 60 museums and cultural venues

will be open for FREE on Fridays all summer long. Six venues will be open for free each Friday.



- ◆ Cape Cod Children's Museum
- ◆ Pilgrim hall Museum
- ◆ Museum of Russian Icons
- ◆ Jacob's Pillow Dance Festival

July 19th

- ◆ JFK Library & Museum
- ◆ Reagle Music Theatre
- ◆ Buttonwood Park Zoo
- ◆ Danforth Art
- ◆ Hancock Shaker Village
- ◆ Garden in the Woods

July 26th

- ◆ Commonwealth Shakespeare Company
- ◆ New England Historical Genealogical Society
- ◆ American Textile History Museum
- ◆ Children's Museum in Easton
- ◆ Amelia park Children's Museum
- ◆ Higgins Armory Museum

For the full summer schedule, please visit www.higlandstreet.org.

The July schedule is: July 12th

- ◆ Museum of Fine Arts, Boston
- ◆ Larz Anderson Auto Museum

Our **MILITARY** Kids

Our Military Kids, founded in 2004, provides grants of up to \$500, for children in grades K-12, of deployed Guard and Reservist, to participate in sports, fine arts, tutoring, or summer camps.

Eligible families apply for a grant, and within days of receiving the application in the Our Military Kids office, a packet is sent to the child thanking them for their service to our country and notifying them of the

award. The check to pay for the activity is sent directly to the service provider.

For more information or to apply, please go to www.ourmilitarykids.org.

Air Force Community Assessment Survey

The 2013 Air Force Community Assessment (AFCA) Survey is here! The Air Force is mailing out notification postcards and emails to military members and spouses inviting you to participate in the 2013 AFCA.

Airmen, civilians and spouses will be ran-



domly selected to participate in the survey which will be completely anonymous. This survey is used to inform senior leaders of strengths and needs within EACH Air Force community and develop action plans to make them better places to live and work.

Your participation is very important. Results from previous surveys have directly influenced policies and programs that support service members, civilian employees, and families. Your responses to the 2013 AFCA will assist Air Force leaders and service providers in their efforts to improve YOUR community.



Airman & Family Readiness Center
Westover ARB

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July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8  Free Family Dinner @ USO 5-7PM A&FRC Closed due to Furlough	9	10	11	12	13 A-UTA
14 A-UTA 9-11am Pre- Separation Counseling at Bldg 5100	15  Free Family Dinner @ USO 5-7PM	16	17	18	19 A&FRC Closed due to Furlough	20
21	22  Free Family Dinner @ USO 5-7PM A&FRC Closed due to Furlough	23	24	25	26	27 B-UTA
28 B-UTA	29  Free Family Dinner @ USO 5-7PM	30	31			

Upcoming Events

28 June—30 August Free Fun Fridays! Sponsored by the Highland Street Foundation, 60 museums and cultural venues will be open for FREE on Fridays all summer long. Six venues will be open for free each Friday. For more information or to print the full schedule, go to <http://highlandstreet.org/freefunfridays.html>.

14 July 0900-1100 Pre-Separation Counseling This counseling/briefing is mandatory for anyone who has been/will be on orders for 180+ days, this includes tech schools and STP. The briefing can be completed before, during, or when coming off of orders. This is a mandatory checklist item, and MUST be completed before Airman & Family Readiness will sign off on the checklist. The briefing will be held at Bldg 5100.. Please call Airman & Family Readiness with any questions at 413-557-3024

21-26 July Military Youth Summer Residential Camp in Redwood, New York. NYS Operation: Military Kids would like to invite military youth, ages 10-16, to join us for a week long outdoor adventure this summer! Campers will explore the traditional camp activities as well as participate in group activities of teambuilding, campfire songs and cabin competitions. Youth will have the opportunity to make lasting friendships with other youth who share in their experience of being a military child. New this year to camp is the Tech Discovery Curriculum. Youth MUST be age 10 by the start of the camp. The camp is located at 4-H Camp Wabasso in Redwood, NY. There is a \$25 registration fee. For more information or to request a registration packet, please contact Megan Miller at (315) 788-8450 ext. 254 or via email at mbm243@cornell.edu.

6 September from 1430-1630 The SBA Advantage Ever thought about starting your own small business? Did you know the Small Business Administration (SBA) has programs designed to help veterans start their own business? We will be having an SBA rep on base Friday, September 6th from 1430-1630 in the 337th Auditorium to tell you all about "The SBA Advantage". For more information or to sign up, please call Oreste Varela at 413-785-0484 or email: oreste.varela@sba.gov.

11 September Thanks to Yanks Dinner You are cordially invited to a special tribute dinner in honor of our military families, including Blue Star & Gold Star, veterans and to pay tribute to the heroes and victims of 9/11/01. This is completely a non-political event. It is merely a way to say THANK YOU for your services and sacrifices. This dinner is free and families are welcome, free child care will be provided. The dinner will take place on Wednesday, September 11, 2013 from 6-8pm at the Medway VFW, 123 Holliston St, Medway, MA 02053. Please RSVP by September 9th by visiting www.thankstoyanks.org or contact Michael Shain 508-330-8487 or info@thankstoyanks.org.

4-6 October 3rd New England Women Veterans Retreat Calling all Women Veterans, this is a great opportunity to connect with other female veterans and be pampered all at the same time. The 3rd Annual Project New Hope, Inc. New England Women Veterans Retreat being held 4-6 October 2013 at the Barton Center N. Oxford, MA. The registration is September 20th, please go to www.projectnewhopema.org/sign-up to register.

****FREE Military Passes for National Parks.** Currently Serving Military members and their dependents can pick up a free annual pass at any national park that charges an entry fee. The annual military pass also provides free entry to 2,000 additional Federal recreation sites across the country. Visit www.nps.gov for more information!

****Massachusetts ESGR continually post job openings and career fair announcements!** Visit <http://maesgr.com> for the latest information.



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Airman & Family Readiness Center Services & Programs

- We provide you and your family with assistance, support, and information & referral on a variety of topics
- Crisis assistance is available to any member that is experiencing a family/life situation or issue
- Personal financial management: budgeting, credit score enhancement, credit report assistance
- Employment assistance: job search, resume review, interviewing skills
- Air Force Aid Society: provides emergency assistance and community enhancement programs
- Family/life education, and relocation assistance are some of the other programs that we offer in order to help make any transition a positive one
- Feel free to schedule an appointment anytime!

Hours of Operation

Mon - Fri	0800-1600
Sat of A & B UTAs	0800-1600
Sun of A UTA	0900-1500

Food and Mood: What's the Connection?

Can a lousy lunch affect your afternoon performance? Could that great steak dinner make or break your date?

Most scientists agree that what you eat can influence your mood. The effects may be subtle or dramatic, but your last meal or snack is contributing to how you're feeling right now.

The link between food and mood is not new. Folk wisdom has long helped mankind weather life through the use of food. For example, have you ever heard that eating oysters can increase your sex drive?

Today, researchers believe that our moods are influenced by certain neurotransmitters—chemicals that relay messages along the nervous system to and from the brain. Your body's neurotransmitters are made up of substances obtained from the food that you eat. Neurotransmitters regulate your mood, appetite, behavior and other functions of the brain. So, if you eat too much or too little of certain foods, you can expect to see an im-

pact on your mood.

What foods will change your mood?

Studies show that a meal or snack high in carbohydrates (starchy or sweet foods) can make you feel drowsy, relaxed or calm. These moods are related to increased levels of the serotonin neurotransmitter in your bloodstream.

On the other hand, a high-protein meal (meat, dairy products, beans, nuts) can raise blood concentrations of the dopamine and norepinephrine neurotransmitters, which make you feel energetic and alert.

Of course, everyone's brain chemistry is unique to a certain degree. So, some people may react differently than others to specific foods.

Always consider the food-mood connection if you're not sure why you are feeling a certain way. But keep in mind that not all food influences mood. And, not all moods are linked to food. You can be happy or depressed for many other reasons.

Mood managers

- The food-mood reaction takes place within 2 to 3 hours after you eat. If you don't want to be sleepy for your afternoon presentation, don't eat pasta or pizza. Choose grilled chicken or fish with veggies.
- Even small portions can help manage moods. Try 1 to 2 ounces of cheese or some yogurt to boost your energy. Nibble graham crackers to help you unwind.
- "Grazing" or eating "mini-meals" are ways to manage your mood throughout the day.
- Keep a log of your meals/snacks and related moods. Look for trends, and adjust your moods by changing your eating patterns.
- Eat fresh, whole, unprocessed foods for good health as well as a clear head and stable mood.

By Rebecca Thomas
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